

TIPS FOR NEW NONSMOKERS

Attitude

By Charles Swindoll

The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts.
It is more important than the past, than education,
than money,
than circumstances,
than failures, than successes,
than what other people think or say or do.
It is more important than appearance, giftedness or skill.
It will make or break a company...
a church...a home.

The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past...
we cannot change the fact that people will act a certain way.
We cannot change the inevitable.
The only thing we can do is play on the one string we have, and that is our attitude...
I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you...
We are in charge of our attitudes.



DEPARTMENT OF
**PUBLIC HEALTH
AND WELLNESS**

Louisville Metro Department of Public Health & Wellness and
Kentucky Cancer Program coordinate the Cooper/Clayton Method
to Stop Smoking program in collaboration with community partners.

